**Bronze Swim Warm-up and Workouts Week of September 14, 2020**

2 x 50 Free @1:45

2 x 50 Kick @1:45

3 x 50 Pull paddles and buoys, skull across and swim free coming back @2:00

IM: 50 back, 25 back/25 breast, 50 breast, 25 breast/25fly, 50 fly @1:45

4 x 25 Underwater dolphin kick with fins @:45

1- stomach, 1- right side, 1- left side, 1- on back

100 Free @3:00

**All workouts begin with warm-up. Cool down is 100.**

**Workout #1**

4 x 50 Kick fins/board

4 x 25 fly swim with fins @:50

4 x 50 Fly Kicks with snorkel @1:45

**Workout #2**

2 x 50 Fly/Back @1:15

1 x 50 25 Br/50 Build @2:00

2 X 50 Back/Br @1:15

1 x 50 dr/50 build @ 2:00

2 x 50 Br/Fr @1:15

1 x 50 dr/50 build @2:00

**Workout #3**

4 X 50 Fins fly Kick, with snorkel @2:00

4 x 100 25 drill/ 25 Fast/ 50 Faster Rest @1:00, 1-100 per stroke

Work on turns and streamlines